



## WOMEN'S REGISTRATION FORM–Featuring two nationally recognized trainers!! PICK ONE FULL DAY TRACK TO ATTEND

(Please bring new or gently used children's books to donate day of registration)

### CEU's (6.5) and renewal units (7) available for both workshops

#### **TRACK 1: Deidre Combs presents "Listening to Your Inner Voice"**

Our lives can get pretty noisy. Society, family and work send along constant messages on how we should be spending our time and what should be of the highest importance. We are counseled constantly on how to be a good mother, spouse, employee and community member. Meanwhile, all of this racket can create inner conflict, since we can rarely meet the myriad demands, nor hear the "still, small voice within" as Mahatma Gandhi once named it, which knows our own hearts' desires. As the GFAC conference helps young women find their voices, we will spend a day listening more intently to ourselves. By tracking our inner guidance systems, we'll uncover how to pick up clues on what might make us happier and transform internal discord. Join us for a day of interactive learning as we explore a variety of cross-cultural approaches to listening deeply to your inner voice. Wear comfortable clothes and bring a journal along with a sense of play! Bio on back of this sheet.

#### **TRACK 2: Karly Randolph-Pitman presents "Living the Soul of Self-Care"**

Do you want to find more joy in your daily life? Do you want to feel more powerful in asking for what you need? Do you feel lost? Do you feel like something's missing, yet don't know how to fix it? Do you have sneaky ways of caring for yourself – shopping, eating, drinking, too much TV – that you'd like to change? Join a group of dynamic women for a one day workshop and gain support to be your best self. You'll grow faster learning in a safe, nurturing environment with other women. You'll learn practical tools to create a physically, emotionally and spiritually nourishing life. In this interactive workshop, you'll learn how to uncover and honor your deep needs and make them a part of your daily life. You'll also learn how to honor your limits, set boundaries, and live authentically. We'll use art, journaling, group discussion, and fun exercises to help you: Set boundaries. Speak up for your needs. Add joy to your daily life. Uproot sneaky self-care habits. This workshop is especially helpful for women in giving professions – teaching, parenting, non-profit work, counseling, healing work, health care, and caregiving. Bio on back of this sheet.

#### **All Day Women's Leadership Workshop Tickets-Please fill out completely:**

**(9:00am-4:00pm)**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

How did you hear about the conference?

\_\_\_\_\_

#### **Women's Leadership Workshop**

\$150.00 includes lunch for Stephanie Quayle's keynote speech.

I have included \$ \_\_\_\_\_ for \_\_\_\_\_ Women's Leadership Workshop Ticket(s)

I would like to request \_\_\_\_\_ vegetarian meal(s)

I **AM** attending lunch \_\_\_\_\_ I am **NOT** attending lunch \_\_\_\_\_

#### **Someone joining you for lunch? Luncheon tickets-General Public**

(11:50-1:10) are \$35.00 each and include lunch with keynote speaker.

I have included \$ \_\_\_\_\_ for \_\_\_\_\_ luncheon ticket(s) (non-refundable)

I would like to request \_\_\_\_\_ vegetarian meal(s)

#### **Make checks payable to: Thrive**

Donate a book for The Magic Yeti Library, a program of the Alex Lowe Charitable Foundation, which builds libraries for children in Nepal. Bring a new or gently used children's book to registration.

#### **Sponsors**

Montana State University, Turner Foundation Inc., Classic Ink  
Pennmont Foundation Inc., Women's Foundation of Montana, First Security Bank, Traveling School  
Bozeman Noon Rotary-Big Sky Western Bank

## Women's Workshop Presenter Bios

**Deidre Combs** is the author of two books, *The Way of Conflict* and *Worst Enemy, Best Teacher*. Through her consulting firm Combs and Company, Deidre provides communication skill training, coaching, strategic planning and team building services. She has worked with a wide range of corporate, non-profit and government clients including Landmine Survivors Network, US Forest Service, Aveda Corporation, Allina Hospitals and Clinics and Young Presidents Organization. Deidre was previously employed for nine years by IBM in project management and marketing leadership roles where she specialized in healthcare solutions.

She holds a BA in Mathematics and Spanish from the University of Wisconsin — Madison, a master's degree in Information Systems Technology from George Washington University, and a doctorate focused on world religions from UCS/Naropa University. Combs serves as faculty at Montana State University, Naropa University, Prescott College and Wisdom University.



**Karly Randolph-Pitman** is a writer, speaker, teacher, mother of 4, and the founder of First Ourselves, an online community that helps women heal from overeating, sugar addiction and a negative body image. Karly uses soulful self-care to help women create emotionally, spiritually, and physi-



cally nourishing lives. Her mission is to help women honor, love and care for themselves. She's the author of the books *Heal Your Body Image* and *Overcoming Sugar Addiction*, as well as the creator of the [\*Control Your Sugar Cravings Support Program\*](#) and [\*Heal Overeating Support Program\*](#). First Ourselves has been visited by over a million women from over 190 countries and has

been featured in dozens of TV, radio, and podcast interviews, including ABC, Yahoo, Yahoo Shine!, Beliefnet, and [KGO](#), the largest talk radio station in the country. Karly's insights have helped thousands of women transform their relationship with food – and themselves.

For more information, go to [www.firstourselves.com](http://www.firstourselves.com).